



be happier • build family
 unity • feel great • take
 care of latch key children
 • reduce unemployment •
 in-crease communication
 skills • expand knowl-

edge • lose weight • diminish chance of disease • build self-
 esteem • reduce stress • promote sensitivity to cultural di-
 versity • eliminate loneliness • increase community pride
 • reduce crime • provide safe places to play • generate reve-
 nue • lower health care costs • meet friends • educate
 children and adults • relax • keep business from leaving
 • elevate personal growth • strengthen neighborhood involve-
 ment • conquer boredom • provide child care • boost economy
 • curb employee absenteeism • increase tourism • build
 strong bodies • increase property value • attract new
 business • preserve plant and animal wildlife • instill
 teamwork • live longer • protect the environment • **create**
memories • clean air and water • boost employee
 productivity • look better • enhance relationship skills •
 decrease insurance premiums • control weight • offer
 places for social interaction • diminish gang violence •
 teach vital life skills • provide space to enjoy nature . . .
 THE BENEFITS ARE ENDLESS

Fall 2011 Program Guide

The 20th Annual Brookfield Family Chiropractic 5K Halloween Run



Date: Sunday, October 30

Time: 5 K Race begins at 10:00 a.m.

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$20.00

Race Day Registration: \$25.00

Walkers welcome! Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, water station, splits at mile marks, prizes for best costumes, and excellent post race refreshments. USATF certified #CT06013JHP.

Associate Sponsors:

Bagelman

Iovino Brothers Screenprinting and Promotion
98Q

Tutoring Club of Brookfield

16th Annual Kids K Fun Run



Date: Sunday, October 30

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$10.00
(Includes prize and t-shirt)

No Race Day Registrations for KIDS K!

Kids K Age Groups: 5 and Under, 6 - 8, 9 - 12

**Please visit our website to download a
registration form.**

Special Events

Fifth Annual Candlewood Lake Canoe and Kayak Race

On Sunday, September 25 Brookfield Parks and Recreation, The Housatonic Valley River Trail, and The Still River Alliance will be sponsoring the **Fifth Annual Candlewood Lake Canoe and Kayak Race** to benefit The Still River. Flatwater Canoe and Kayak racing is a contest of speed, strength and endurance in which participants compete head to head on calm bodies of water. The course is one mile long. There are Canoe and 14 Kayak Racing Divisions as well as a 2-mile Ironman Race. **If you don't have a canoe or kayak – don't miss out – we can get you one to use.** To get more information and a registration form email CCKRace@hotmail.com or look for the link on our website www.brookfieldct.gov/pnr/index.htm.

Annual Scarecrow Decorating Day



If you've ever seen people driving around Town with scarecrows sticking out of their trunks, they were probably on their way home from this popular event! Join us on Saturday, October 8 at 2:00 p.m. in front of the Brookfield Town Hall, 100 Pocono

Road. Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We'll supply the directions, hay, and stakes. And best of all, it's free! Don't forget to pre-register with the Parks & Rec. Office by calling 775-7310 if you are planning on attending. The rain date for this event is Sunday, 10/9.

11th Annual Trick or Treat at Town Hall

Parents and children are invited to "trick or treat" at Town Hall this year on Monday, October 31 from 2:00 – 3:45 p.m. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event. However, we are asking that each child bring either a non-perishable, "kid-friendly" food item such as peanut butter, jelly, canned spaghetti or ravioli for the food pantry or a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids Brookfield families in crisis. The collection box for any items will be at the food pantry in Town Hall, located on the first floor across from the Tax Collector's Office. Please pre-register by calling Parks & Recreation at 775-7310 by October 28.



Holiday Tree Lighting

Ring in the Holiday Season with the Brookfield Girl Scouts at their Annual Holiday Tree Lighting on Saturday, December 3 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and Santa.

Special Events, continued



Haunted House Workshop

Children age 3 – kindergarten and in grades 1 - 4 will decorate their own haunted houses using frosting, candy, and more. Wear a smock or old clothes, and be prepared for a finger-licking good time! Please bring an

empty, rinsed ½ gallon cardboard milk or juice container.

Day: Friday

Date: 10/28

Place: Town Hall Meeting Room

Fee: \$15.00

Time: Tots: 5:00 – 6:00 p.m.

Grades 1-4: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli



Thanksgiving Turkey Workshop

Children age 3 – kindergarten and in grades 1 - 4 will create a turkey centerpiece for their table. Please wear a smock or old clothes.

Day: Friday

Date: 11/18

Place: Town Hall Meeting Room

Fee: \$15.00

Time: Tots: 5:00 – 6:00 p.m.

Grades 1-4: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli



Christmas Ornaments Workshop

Children in grades 1 - 4 will make a variety of Christmas ornaments.

Day: Friday

Date: 12/16

Place: Town Hall Meeting Room

Fee: \$15.00

Time: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli

Tots Holiday Workshop

Children age 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Friday

Date: 12/16

Place: Town Hall Meeting Room

Fee: \$15.00

Time: 5:00 – 6:00 p.m.

Instructor: Pam Zavarelli



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 16.

Get Out of Town



Macy's Thanksgiving Day Parade

Join us on our fifteenth annual *pilgrimage*, enjoying all of the fun with none of the hassle!

Leave from Town Hall at 6:30 a.m., travel by coach bus to witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner.

Register before all the seats are *gobbled* up!

Day: Thursday

Date: 11/24

Time: 6:30 a.m.

Fee: \$36.00

Radio City Christmas Spectacular

Don't let the price fool you, we were able to purchase discounted orchestra tickets and pass the savings on to you. We'll be leaving from Brookfield Town Hall at 8:15 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for shopping, sightseeing, and lunch/dinner, leaving NYC at 5:00 p.m. Fee includes ticket, complimentary soda or water and popcorn at Radio City, and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

Day: Monday

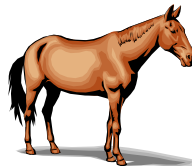
Date: 12/12

Time: 8:15 a.m.

Fee: \$97.00

Outdoor Adventure Sports

Horseback Riding Lessons



This 6-week course offers basic horse care, grooming, tacking up, and riding skills from beginner to advanced. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm

will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of October 3rd (or at your convenience) and will last for six weeks, one hour each week. Brushy Hill Farm is located in Southbury, just 13 minutes from the flagpole in Newtown. Directions are available at the Parks & Recreation Office. Long pants and shoes with heel are recommended. Hard hats will be provided. Fee: \$295.00

Youth Employment Program

Pretty soon those leaves are going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. Our list of services includes not only babysitting and raking, but weeding, mowing, shoveling, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfieldct.gov or call 775-7310.

Adult Education - Computers

W.E.R.A.C.E. - Western Connecticut Regional Adult and Continuing Education 797-4731

[http://www.danbury.k12.ct.us/werace/WERACE/
Welcome.html](http://www.danbury.k12.ct.us/werace/WERACE/Welcome.html)

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE state mandated adult education services to adults 16 years of age and older who live in the towns of Bethel, Brookfield, Danbury, New Fairfield, Newtown, Redding, and Ridgefield.

A full range of free adult education programs including ESL and high school completion is presently available to adult learners from the above towns and allows WERACE to address basic literacy needs, as well as the skills necessary to transition to higher education, training and/or employment.

Microsoft Word - Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Wednesday Time: 6:30 – 8:00 p.m.

Dates: 10/12 – 10/19 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B



Microsoft Word - Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format tables and more. A working knowledge of MS Word is required. Course manual and disk provided.

Day: Wednesday Time: 6:30 - 8:00 p.m.

Dates: 10/26 – 11/9 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel - Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Thursday Time: 6:30 - 8:00 p.m.

Dates: 10/13 – 10/20 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B



Microsoft Excel – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date

functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Thursday Time: 6:30 - 8:00 p.m.

Dates: 10/27 – 11/10 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Adult Education, continued

Beginners Bridge



Participants will learn the basics of bridge. We'll begin with the counting of the points and following with the bidding and playing of the hand. Much of the time will be spent in playing actual hands.

Day: Thursday

Time: 6:30 – 8:30 p.m.

Dates: 10/6 – 11/17 (6 wks)-no class 11/3

Place: Senior Center, Library Room

Instructor: Irv Agard

Fee: \$54.00

Color Me Beautiful

In this workshop, participants will be introduced to Reinventing Yourself with Color Me Beautiful. If you are confused with clothing colors to wear, this introduction program provides you ways to recognize a personalized color identification of your natural coloring. You will learn the concepts that give you the right tools to make choices at home and in the store. Knowing what your best colors are and choosing which color is the best choice to wear will help you lighten and brighten your appearance. When you wear your personalized colors, you will feel younger, thinner, prettier, and full of self-confidence. Even makeup can be color coordinated to your seasonal palette.

Day: Tuesday

Time: 7:00 – 9:00 p.m.

Date: 10/11

Fee: \$20.00

Place: Town Hall Meeting Room

Instructor: Patricia Rayner

A Women's Guide to Money Matters



Woman's Guide to Money Matters is a seminar designed for women of all ages to learn how to take control of their financial life by examining their values and setting specific, realistic and measurable goals. At this seminar participants will learn strategies about:

- What you can do now to prepare for retirement or live in retirement
- Learn how to manage your retirement income
- Planning your estate
- Your options to pay for a child's or grandchild's education
- Developing a strategy to help achieve your financial goals and enjoy life with financial freedom

Day: Wednesday

Date: 11/9

Time: 5:30 – 6:30 p.m.

Fee: \$10.00

Place: Edward Jones, 304 Federal Road, Brookfield

Instructor: Helen Curtin, MBA, Financial Advisor

New ~ Choose Your Target Market

Whether you have a business or provide a service, this class will show you why selecting a target market is so important. It can help you grow your business and be more efficient and effective in your spending.

Day: Tuesday

Time: 6:30 – 8:30 p.m.

Date: 10/11

Fee: \$20.00

Place: Town Hall Meeting Room

Instructor: Carol Does

New ~ Mediterranean Vegetable Cooking a la carte

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients. Many traditional recipes have been updated to make them lower in cholesterol, and able to retain the maximum number of nutrients (both original and updated cooking methods will be discussed.) Classes will be conducted as a combination demonstration and hands-on workshop and will encompass appetizers, side dishes, and main courses. Topics covered will be decided upon by the students enrolled during the first class of each session, but may include; eggplant, squashes, peppers, greens, artichokes, mushrooms, beans, cauliflower, and cardoons. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge of ingredients and techniques, and enthusiasm for cooking, with friends and students.

Day: Wednesday Time: 6:30 – 8:30 p.m.
Session 1: 10/5, 10/12, 10/19, 10/26 (4 wks)
Session 2: 11/2, 11/9, 11/16, 12/7 (4 wks)
Place: WMS Home Ec. Room #1515
Fee: \$82.00/session



New ~ Guilt-free Pasta

Everyone loves pasta, but many of the delicious sauces we are familiar with—from Grandma's Sunday sauce cooked with pork and beef, to rich and creamy *Fettuccini Alfredo*—have too much

saturated fat for today's heart-healthy diets. In this course we will explore a handful of traditional pasta recipes from different regions of Italy which use vegetables, seafood, fish, and even fruit, to make satisfying and festive dishes. We may also try our hand at making different versions of gnocchi, and some homemade pasta. Come hungry to our class—because we'll be feasting on the dishes we cook!

Day: Monday Time: 6:30 – 8:30 p.m.
Dates: 11/7 – 11/28 (4 wks)
Place: WMS Home Ec. Room #1515
Instructor: Ann Salinger Fee: \$82.00

Join our email list! Log onto

www.brookfieldct.gov/c/pnr/index.htm and click on the icon to receive monthly updates on the Parks & Recreation programs and events of your choice.

Hillary Stern is a Food Counselor who helps people pick, plan and prepare delicious foods for a healthier life. Check out her website: <http://www.HillaryStern.com>
HANDOUTS AND SAMPLING will reinforce what is discussed at each class.

Food to Live For!

What's real food and what isn't? Creative marketing and advertising can make it difficult to decipher claims and labels. Also, we tend to classify foods as good for you or bad for you. In reality, the quality of what we eat is what matters most. How do we decide what to put into our shopping cart? Do you have to choose nutrition over taste, or can you have both? Join us as we navigate the mega food industry and learn what nutrition labels and ingredient lists tell us about the food we buy and consume. Become a savvy food consumer and learn how to exercise your purchasing power and vote with your food.

Day: Tuesday Time: 7:00 – 8:45 p.m.
Date: 10/4 Place: Town Hall Meeting Room
Instructor: Hillary Stern Fee: \$25.00



Food for Your Heart

We can't change our age, family history or genes, but we can make heart healthy choices that will help minimize and even eliminate certain risk factors for heart disease, high blood

pressure and high cholesterol. How? By choosing the right foods, exercising regularly, and reducing the stress in our busy lives. Find out how to start making heart healthy changes NOW! Discover the many delicious foods that support heart health.

Day: Monday Time: 7:00 – 8:45 p.m.
Date: 10/17 Place: Town Hall Meeting Room
Instructor: Hillary Stern Fee: \$25.00

What is a Well-Balanced Meal?

We are creatures of habit and most of us eat the same 10-15 foods every day with little thought to balancing our meals and nutritional input. We will discuss how to plan meals that are easy, delicious and healthy. Learn new ways to combine foods to make balanced meal options full of flavor, variety and nutrition.

Day: Tuesday Time: 7:00 – 8:45 p.m.
Date: 11/1 Place: Town Hall Meeting Room
Instructor: Hillary Stern Fee: \$25.00



Got Greens?

Vegetables are loaded with nutrients to help heal and fortify our bodies. Unfortunately, we eat the same vegetables over and over again. Learn about different vegetables, such as collard greens, kale, Swiss chard, dandelion greens, and bok choy, just to name a few, which are power-packed, rich sources of phytonutrients. Quality calcium can be gotten from certain vegetables, not just milk and cheese. Find out how to identify and easily prepare wonderful tasting vegetables with a variety of oils, herbs and spices. Expand your vegetable horizon and **improve** your health!

Day: Monday Time: 7:00 – 8:45 p.m.
Date: 11/14 Place: Town Hall Meeting Room
Instructor: Hillary Stern Fee: \$25.00

Adult Education, continued

New ~ Stress Reduction One-on-One

Relieve stress and improve well-being as you experience four relaxing, healing treatments (one private session each week) exploring different ways to re-energize, re-balance and relax guided by a team of professionals. Optimize your energy and learn new ways to relax and “reboot” your body. This unique offer from EMSA Hyperbaric & Wellness Center includes: ninety minutes of Hyperbaric Oxygen Therapy; one hour of Massage Therapy; & one hour of Reiki. In addition, one of the sessions will be at Sophia Natural Health Center where they will be performing a unique evaluation on you for the effects of stress. An ICM doctor will utilize classic Chinese pulse and tongue analysis for overall body and meridian function. They will then provide Chinese dietary suggestions specific to your profile and consult you on ways to balance health naturally and reduce the effects of stress. Most anyone can benefit from the sessions, whether you are in peak condition or struggling with certain health concerns. Each private session is scheduled for your individual convenience at EMSA Hyperbaric & Wellness Center & Sophia Natural Health Center, both at 499 Federal Road. Any pre-existing health conditions will be addressed at the initial consultation. Deadline to register through Parks & Recreation is November 15th, 2011. The actual value of the sessions is over \$400.00, this introduction is \$100.00. A similar program is also available for children and teens.

Decorative Arts



Floral Design

Tap into your creative side and make three unique fresh flower arrangements that you can take home for yourself or gift to someone special (if you can part with them). From everyday to

holiday with something in between you will learn how to show off your talent with the help of a Professional Floral Designer. No experience necessary, \$25 material fee to be paid to instructor each class. Please bring floral snips.
Day: Wednesday Time: 7:00 - 9:00 p.m.
Dates: 10/26 – 11/9 (3 wks) Fee: \$48.00
Place: Senior Center, 559B Federal Road
Instructor: Shannon Schnuerer

Watercolor for Adults

Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).
Day: Thursday Time: 6:00 – 8:00 p.m.
Dates: 10/6 – 12/1 (8 wks) – no class 11/24
Place: Senior Center, 559B Federal Road
Instructor: Victoria Lange Fee: \$88.00

Adult Fitness



Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE! NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT (775-8548) is the site for all of our cycling classes.

SPIN EXPRESS (beginners) Wednesday, 9:30–10:00 a.m.

Section 1: 10/5 – 11/2 (5 wks) Fee: \$59.00/section

Section 2: 11/9 – 12/7 (5 wks)

Instructor: Liz

SESSION 1: Monday, 9:15 – 10:15 a.m.

Section 1: 10/3 – 10/31 (5 wks) Fee: \$59.00/section

Section 2: 11/7 – 12/5 (5 wks)

Instructor: Lisa

SESSION 2: Tuesday, 6:00 – 7:00 p.m.

Section 1: 10/4 – 11/1 (5 wks) Fee: \$59.00/section

Section 2: 11/8 – 12/6 (5 wks)

Instructor: Stacey

SESSION 3: Wednesday, 6:00 – 7:00 a.m.

Section 1: 10/5 – 11/2 (5 wks) Fee: \$59.00/section

Section 2: 11/9 – 12/7 (5 wks)

Instructor: Alison

SESSION 4: Thursday, 6:00 – 7:00 p.m.

Section 1: 10/6 – 11/3 (5 wks) Fee: \$59.00/section

Section 2: 11/10 – 12/15 (5 wks) – no class 11/24

SESSION 5: Saturday, 9:15 – 10:15 a.m.

Section 1: 10/8 – 11/5 (5 wks) Fee: \$59.00/section

Section 2: 11/12 – 12/10 (5 wks)

SESSION 6: Sunday, 9:15 – 10:15 a.m.

Section 1: 10/9 – 11/6 (5 wks) Fee: \$59.00/section

Section 2: 11/13 – 12/11 (5 wks)

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free single class pass at No Limit.
Day: Friday Time: 9:15 – 10:00 a.m.
Session 1: 10/7 – 11/4 (5 wks) Fee: \$59.00/session
Session 2: 11/11 – 12/9 (5 wks)
Instructor: Abi Scudder
Place: NO LIMIT Health and Fitness, 1120 Federal Rd



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a “class proposal form” from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 11/1/11 to be considered for the winter program guide.

Adult Fitness, continued



Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumbbells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive a free single class pass at No Limit.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Session 1: 10/4 – 11/1 (5 wks) Fee: \$59.00/session

Session 2: 11/8 – 12/6 (5 wks)

Place: No Limit Health & Fitness, 1120 Federal Rd.

New ~ Cardio Kickboxing

Kick and punch your way to a new shape! The combination of your favorite dance music and traditional martial arts movements will make this class feel more like a party than a workout. Experienced instructor, Liz Sortino, will review the basic moves before every class. A great class, regardless of your fitness level! BABYSITTING AVAILABLE! Sign up for a session and receive a free class pass. Part of the Female Fit Challenge.

Day: Monday Time: 6:00 – 7:00 p.m.

Session 1: 10/3 – 10/31 (5 wks) Fee: \$59.00/session

Session 2: 11/7 – 12/5 (5 wks)

Place: No Limit Health & Fitness, 1120 Federal Rd.



New ~ Get on the Ball

A total-body workout using stability balls and weights. Why use a stability ball? It is adaptable to every fitness level, engages the core, and strengthens the deep muscles of the back while adding a challenge to your fitness routine. Exercises will range from classic squats, upper body strengthening and multi-muscle training moves. Your heart rate will go up and your body will tone up! BABYSITTING AVAILABLE!

Day: Thursday Time: 9:00 – 10:00 a.m.

Session 1: 10/6 – 11/3 (5 wks) Fee: \$59.00/session

Session 2: 11/10 – 12/15 (5 wks) – no class 11/24

Place: No Limit Health & Fitness, 1120 Federal Rd.

New ~ The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS! Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional Classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again. We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than October 14 and expect to begin the week of October 17.

Fee: \$199.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

Adult Fitness – Yoga



YogaSpace is the premier yoga facility in northern Fairfield County. We are proud to be partnering with them to offer a wide variety of yoga styles throughout the week. Their instructors bring a depth of knowledge to classes that allow students to practice in a safe and comfortable space. This season we are pleased to offer class passes that allow participants to sample a variety of yoga and related offerings. Class passes will also allow participants more flexibility, as they can attend a different class if they need to miss their favorite class for any reason.

YogaSpace - Introductory Series Pass

Use your Introductory Series pass at any of the below-listed classes to become acquainted with yoga and related practices. Each class will offer accessible instruction and modifications at a slower pace to help you gain awareness about yourself and an understanding of the practice of yoga. You may use your pass at one class, or you may drop in on several of the classes. Please see www.yogaspace-ct.com for full class descriptions. Choose from:

Introduction to Yoga - Monday at 9:00 a.m.

Tuesday at 6:00 p.m.

Yoga and Meditation 101 – Monday at 7:30 p.m.

Yoga for Every Body – Tuesday at 9:30 a.m.

Gentle Yoga - Wednesday at 9:30 a.m.,

Thursday at 6:00 p.m.

Friday at 11:30 a.m.

Yoga with Saeeda - Thursday at 9:30 a.m.

Yoga, Pranayam and Meditation - Thursday at 11:15 a.m.

Tai Chi - Thursday at 1:00 p.m.

Dates: 10/3 – 12/31 (no classes 11/24 or 12/25)

Fee: \$150 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 12/31/11.

YogaSpace - Intermediate Series Pass

Use your Intermediate Series pass to deepen your practice. Choose from any of the below-listed classes to take your physical and emotional practice to the next level. Our certified instructors will guide you in more challenging postures at a faster pace. Prior yoga experience is recommended. You may use your pass at one class, or you may drop in on several of the classes. Please see www.yogaspace-ct.com for class descriptions. Choose from:

Stressbuster Yoga - Monday at 4:00 p.m.

Mixed Level Yoga - Monday at 6:00 p.m.

Friday at 9:30 a.m.

Anusara-Inspired Yoga – Tuesday at 9:30 a.m.

Wednesday at 6:00 p.m.

Sunday at 9:00 a.m.

Ashtanga Yoga - Tuesdays and Thursdays at 7:30 p.m.

Kripalu Yoga - Wednesday at 7:30 p.m.

Vinyasa Yoga - Friday at 4:30 p.m.

Level II Yoga - Saturday at 8:30 a.m.

Dates: 10/3 – 12/31 (no classes 11/24 or 12/25)

Fee: \$150 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 12/31/11.

Adult Fitness – Yoga



Yoga for Men

Men: would you like to relieve back soreness or stiffness? How about improve your golf game/tennis game/overall athletic ability? Or maybe you'd like to sleep more

deeply and have increased energy? Then yoga is for you! You will be lead by veteran Kripalu yoga instructor, Doug Greene, in a practical yoga program that will develop your flexibility, improve your core strength, increase your range of motion and cultivate stress-reduction techniques. This class is appropriate for men of all fitness levels and will be tailored to your specific progress and needs. You will stretch; you will sweat; you will breathe. Come learn the secret of professional athletes: Real men do yoga!

Day: Saturday Time: 10:30 – 11:45 a.m.

Dates: 10/8, 10/22, 11/12, 12/3, 12/10 (5 wks)

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Doug Greene Fee: \$75.00

Fertile Yoga

Trying to conceive? Yoga is a great way to help you release the tension, fear, anger and depression that can accompany couples experiencing infertility and sabotage their best efforts to become pregnant. Taking the time to allow your body and mind to relax unleashes a powerful wave of harmony and healing that could potentially help you conceive. Created just for you, this class is intended to help you reclaim your fertile ground. Instructor Lisa Rosenthal, RYT, is a former fertility patient. She has worked for 17 years as a national patient advocate of couples facing infertility. Lisa trained with Lotus Gardens for her 200-hour RYT. She is uniquely qualified to understand the specific challenges that couples trying to conceive encounter. Focusing on stress reduction and mindfulness-based techniques, Lisa has crafted this class for women and men with all different diagnoses. This program is funded by RMA of CT. There is no charge, but registration is required.

Day: Friday Time: 6:00 – 7:15 p.m.

Dates: 10/7 – 12/30 Fee: No charge

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Lisa Rosenthal

Family Fun Yoga

Parents and caregivers are invited to come do yoga with their kids ages 5-10. We'll play with poses like trees, lions, warriors and cobras to explore our body and our energy in this fun, lighthearted class. We'll find focus, relaxation and connection together – all while learning the art of yoga that can last a lifetime! Family friendly rates too – Fee of \$75 for 5 classes for 1 adult and 1 child. Additional adult or child pay only \$5 per class directly at YogaSpace.

Day: Sunday Time: 11:15 a.m. – 12:30 p.m.

Dates: 10/9, 10/23, 11/13, 11/27, 12/11 (5 wks)

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Carly Hilliard

Fee: \$75.00 (one adult/child)



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Class proposals should be received by 11/1/11 to be considered for the winter program guide.

Adult Fitness – Yoga, continued

Mommy and Baby Yoga

Welcome new moms and infants who are not crawling yet. This class will help you remember your body (that vehicle of power and strength) and nurture you back to movement and re-awakening through Yoga. Postpartum means a yoga practice that is often interrupted by nursing, feeding, caressing, holding, diaper changes, and independent moments of triumph. Join Michelle for a playful hour of yoga with some extra bonding and transition time at the end so your experience is leisurely and relaxing!

Day: Wednesday Time: 2:15 – 3:30 p.m.

Dates: 10/5 – 12/28 (13 weeks)

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Michelle Wenis

Fee: \$150.00 class pass for 10 classes

Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance.

This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 7:00 – 8:00 p.m.

Dates: 10/4 – 11/29 (8 wks) – no class 11/8

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

Adult Fitness – Dance

Ballroom and Latin Dance Mix



Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz, Quick

Step, Mambo/Salsa, Cha-Cha, Samba, Rumba, and East Coast Swing. Emphasis will be placed on mastering each step before moving on to new dances. No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and Latin dances in our singles class. Please note the dress code for participation in dance classes, no jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Wednesday

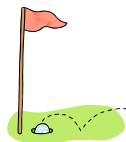
Singles: 6:15 – 7:00 p.m. Fee: \$90.00/person

Couples: 7:00 – 8:15 p.m. Fee: \$210.00/couple

Place: Whisconier Middle School Cafeteria

Dates: 10/5 – 12/7 (8 wks)-no class 11/23, 11/30

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

October: Wednesdays – 10/5, 10/12, 10/19, 10/26

November: Mondays – 11/7, 11/14, 11/21, 11/28

December: Tuesdays – 12/6, 12/13, 12/20, 12/27

Women Only Classes (Beginner)

October: Tuesdays – 10/4, 10/11, 10/18, 10/25

November: Wednesdays – 11/9, 11/16, 11/23, 11/30

December: Thursdays – 12/8, 12/15, 12/22, 12/29

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$60.00 or pay \$5.00

nightly at the door. Passes will not be sold after 12/19 and no credit for nightly passes will be given. Open Gym is canceled on 12/26, 1/2, 1/16, 2/20 and on days when school is not in session or dismisses early because of weather.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/14/11 – 3/26/12 Place: BHS Gym

Fee: \$5.00/night or \$60.00/season pass

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$60.00 or pay \$5 nightly at the door.

Passes will not be sold after 12/21 and no credit for nightly passes will be given. Open gym is canceled on 11/23, 11/30, 12/28, 3/14 and on days when school is not in session or dismisses early because of weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/9/11- 4/11/12 Place: WMS Gym

Fee: \$5.00/night or \$60.00/season pass

Tots Activities



Tumbling Tots

Children 2-3 will meet for games, basic tumbling skills and energetic fun in a gym setting along with a parent or caregiver. Please specify session when registering.

Day: Tuesday

Time: 9:30 – 10:15 a.m.

Session 1: 10/18, 10/25, 11/1, 11/15 (4 wks)

Session 2: 11/29, 12/6, 12/13, 12/20 (4 wks)

Place: Tropical All-Stars, 558 Federal Road

Instructor: Tatiana Preston Fee: \$49.00/session

Two Good to be True

Children ages 2-3 and parent or caregiver will meet for songs, stories and arts & crafts. Activities will foster development of fine motor and language skills while having fun and making friends! Please bring a snack and drink.

Day: Wednesday

Time: 9:30 – 10:30 a.m.

Session 1: 10/19, 10/26, 11/2, 11/9 (4 wks)

Session 2: 11/30, 12/7, 12/14, 12/21 (4 wks)

Place: Congregational Church – Fellowship Hall

Instructor: Tatiana Preston Fee: \$45.00/session



Singing and Signing

Did you know that babies can sign before their first words are spoken? This class is for infants through first grade students. Your child will enjoy dancing and singing as well as

learning many words in sign language. Along with the after school children, you and your little ones will build a vocabulary of over 25 signs! Foods, Feelings, Animals, Colors and more. Don't miss this fun and easy learning experience for yourself and your child!! Parents of little ones, please be sure to bring along a blanket for sitting.

Day: Thursday

Time: 3:30 – 4:30 p.m.

Dates: 10/6 – 10/27 (4 wks) Fee: \$48.00

Place: Center School Cafeteria

Instructor: Janine Lamendola

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 5 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class.

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 10/7, 10/21, 10/28, 11/4 (4 wks)

Session 2: 11/18, 12/2, 12/9, 12/16 (4 wks)

Place: Congregational Church Room 3/4

Instructors: KidsFit Fee: \$87.00/session

Tots Activities, continued



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Day: Tuesday

Session 1: 10/18, 10/25, 11/1, 11/15 (4 wks)

Session 2: 11/29, 12/6, 12/13, 12/20 (4 wks)

Day: Friday

Session 1: 10/21, 10/28, 11/4, 11/18 (4 wks)

Session 2: 12/2, 12/9, 12/16, 1/6 (4 wks)

Time: 9:30 – 10:30 a.m.

Place: Congregational Church, Fair Kitchen (upstairs)

Instructor: Pam Zavarelli Fee: \$59.00 /session

Ballet and Creative Movement for Tots

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for ages 3 - 5. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred, but not required.

Day: Friday Fee: \$45.00/session

Dates: 10/7 – 12/16 (8 wks) – no class 11/11, 11/25, 12/9

Session 1: 4:35 – 5:20 p.m.

Session 2: 5:25 – 6:10 p.m.

Place: Center School Cafe Instructor: Holly Gundolfi



New ~ Rhythm and Motion

Music classes for parent and child age 2 and 3 can be active and fun. Sing, play and move as each child learns to hear the beat, and expresses their

musicality. Holly Gundolfi is a certified Orff music teacher and has taught music in private schools for many years. She brings a plethora of songs, games and instruments teaching basic concepts of music in an age appropriate way.

Day: Monday Time: 9:30 – 10:15 a.m.

Session 1: 10/17, 10/24, 10/31, 11/7 (4 wks)

Session 2: 11/14, 11/21, 11/28, 12/5 (4 wks)

Instructor: Holly Gundolfi Fee: \$48.00/session

Place: Congregational Church - Room

Learn to Ice Skate for Tots



Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper

way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 11/9 – 12/21 (7 wks)

4:00- 4:30 p.m. Fee: \$119.00

Session 2: Thursday, 11/10 – 12/22 (6 wks)-no class 11/24

10:00 – 10:30 a.m. Fee: \$102.00

Session 3: Friday, 11/11 – 12/23 (6 wks)- no class 11/25

10:00 – 10:30 a.m. Fee: \$102.00

Place: Danbury Ice Arena, 1 Independence Way

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Parks & Recreation...The Benefits are Endless

Center After School



Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Day: Wednesday

Time: 3:30 – 4:30 p.m.

Dates: 10/5 – 11/30 (8 wks) – no class 11/23

Place: Center School – Gym Fee: \$40.00

Instructor: Sal Strazza

Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and “nerf” equipment is used.

Day: Thursday

Time: 3:30 - 4:30 p.m.

Dates: 10/6 – 12/1 (8 wks) – no class 11/24

Place: Center School - Gym Fee: \$40.00

Instructor: Sal Strazza

Ballet and Creative Movement for K/1



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for children in grades K and

1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday

Time: 3:30 – 4:30 p.m.

Dates: 10/7 – 12/16 (8 wks) – no class 11/11, 11/25, 12/9

Place: Center School Cafe Instructor: Holly Gundolfi

Fee: \$45.00



Singing and Signing

Your child will enjoy dancing and singing as well as learning many words in sign language.

Students in grades K and 1 will build a vocabulary of over 25 signs including foods,

feelings, animals, colors and more. This program is also open to younger children (infants through age 5) and their parent or caregiver. Students in grades K and 1 may participate without a parent or caregiver.

Day: Thursday

Time: 3:30 – 4:30 p.m.

Dates: 10/6 – 10/27 (4 wks) Fee: \$48.00

Place: Center School Cafeteria

Instructor: Janine Lamendola

Lego in Motion

Calling all Lego enthusiasts and builders! We'll put fun into motion as students in grades K and 1 learn how to use wheels and axles, gears, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. Class is limited to 12 students and all materials are for class use only.

Day: Friday

Time: 3:30 – 4:45 p.m.

Dates: 10/28, 11/4, 11/18, 12/2, 12/16 (5 wks)

Place: Center School

Fee: \$89.00

Instructor: Computer Explorers

Center After School, continued



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Recipes are duplicated in both the Tuesday and Wednesday classes, but do change each session. Both days

meet in the Center School Pre-School Room, 3:30 – 4:30 p.m. Fee is \$48.00/session.

Day: Tuesday

Session 1: 10/4, 10/11, 10/18, 10/25 (4 wks)

Session 2: 11/15, 11/22, 11/29, 12/13 (4 wks)

Day: Wednesday

Session 1: 10/5, 10/12, 10/19, 10/26 (4 wks)

Session 2: 11/9, 11/16, 11/30, 12/14 (4 wks)

Instructor: Ann Salinger

Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 10/4 – 11/29 (8 wks)-no class 11/8

Place: Center School Gym Fee: \$88.00

Instructor: Elaine Gregory, BHS Girls Coach



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time: 3:30 – 4:00 p.m.

Dates: 11/3, 11/10, 11/17, 12/1 (4 wks)

Place: Center School Cafeteria

Instructor: Zandri's Martial Arts

Fee: \$28.00

Join our email list! Log onto

www.brookfieldct.gov/c/pnr/index.htm and click

on the icon to receive monthly updates on the Parks & Recreation programs and events of your choice.

Center After School, continued



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings

with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Wednesday Time: 3:30 – 4:30 p.m.

Session 1: 10/5, 10/12, 10/19, 10/26, 11/2 (5 wks)

Session 2: 11/9, 11/16, 11/30, 12/14 (4 wks)

Place: Center School Art Room

Fee: \$89.00 for session 1; \$72 for session 2

Huckleberry After School

The Wizard's School of Magic



Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his

craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Thursday 10/6, 3:30 – 4:30 p.m. HHES Music Rm.

Hocus Pocus – Magic Workshop 2:

Thursday 11/3, 3:30 – 4:30 p.m. HHES Music Rm.

Presto – Magic Workshop 3:

Thursday 12/15, 3:30 – 4:30 p.m. HHES Music Rm.

Lego in Motion

Calling all Lego enthusiasts and builders! We'll put fun into motion as students in grades 2 - 4 learn how to use wheels and axles, gears, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. Class is limited to 12 students and all materials are for class use only.

Day: Thursday Time: 3:30 – 4:45 p.m.

Dates: 11/3, 11/10, 11/17, 12/1, 12/15 (5 wks)

Place: HHES – Library Fee: \$89.00

Instructor: Computer Explorers



Registration for our Youth Basketball Leagues is now open. Details are available on page 16 of this program guide.



Quick Start Tennis

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach

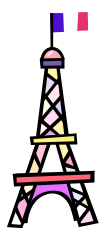
Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 10/6 – 12/1 (8 wks) – no class 11/24

Place: HHES Lower Gym Fee: \$88.00

Instructor: Elaine Gregory, BHS Girls Coach



French Fantastique

Now offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings,

alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to the Art Room at each class meeting.

Day: Friday Time: 7:50 – 8:40 a.m.

Dates: 10/7 – 12/9 (8 wks)-no class 11/11, 11/25

Place: HHES –Art Room Fee: \$72.00

Instructor: Margee Minier

New ~ Kids are Cooking

Students in grades 2 through 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Some of the recipes may include: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, BLT Panini with cheese, or ice cream. We'd share others with you, but are getting too hungry as it is! Please make us aware of any food allergies when registering.

Day: Monday Time: 3:30 – 4:30 p.m.

Session 1: 10/3, 10/17, 10/24, 11/7 (4 wks)

Session 2: 11/14, 11/21, 11/28, 12/5 (4 wks)

Place: HHES Fee: \$48.00/session

Instructor: Ann Salinger



New ~ Drama

Improvisational warm-ups, vocal techniques, movement and much more go into each class as the students learn the "tools of the actor".

Acting class teaches emotional intelligence, develops focus and builds teamwork and confidence as it stretches the imagination. The last class will include an open class/performance for family and friends.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 11/2 – 11/30 (4 wks) – no class 11/23

Place: HHES Upper Gym Fee: \$44.00

Instructor: Holly Gundolfi

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 10/5 – 12/14 (8 wks) – no class 10/26, 11/23, 12/7

Place: HHES Lower Gym Fee: \$40.00

Instructor: Dave Miller

Flag Football

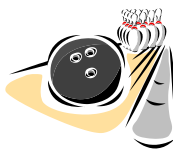
Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 10/4 – 12/13 (8 wks)-no class 10/25, 11/8, 12/6

Place: HHES Lower Gym Instructor: Dave Miller

Fee: \$40.00



Bowling

Each class features two games of bumper bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry

Hill School to Brookfield Lanes by school bus. When sending in a note each week to the school, please include that your child is attending bowling on bus #6. Pick- up is at Brookfield Lanes.

Day: Thursday Time: 3:30 – 5:30 p.m.

Session 1: 10/6, 10/13, 10/20, 11/3 (4 wks)

Session 2: 11/10, 11/17, 12/1, 12/15 (4 wks)

Instructor: Dave Miller

Place: Brookfield Lanes

Fee: \$52.00/session



Martial Arts for Beginners

Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control,

physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday Time: 3:30 – 4:15 p.m.

Dates: 10/7 – 10/28 (4 wks) Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Huckleberry Hill School – Lower Gym

Basic Drawing and Watercolor



Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.

Dates: 10/4 – 11/29 (8 wks)-no class 11/8

Place: Huckleberry Hill Rm Fee: \$85.00

Instructor: Victoria Lange

Huckleberry After School, continued

Ballroom for Kids Ages 7 - 10



Students ages 7 – 10 will learn basic steps in all the dances, turns and spins, and technique of the moves. Children who learn social dances increase their confidence, posture, balance and knowledge of music. Much like soccer, Ballroom Dance

Competitions (DanceSport) have been very popular in Europe and Asia for decades and are now beginning to catch on in the US. Ballroom For Kids has world class instructors ready to teach your child! Students should wear leather soled shoes or ballroom dance shoes (no sneakers) and long hair needs to be worn back in a ponytail or bun. Sign up with a friend to dance with or you can be paired with a partner at class.

Day: Wednesday Time: 5:30 – 6:15 p.m.

Place: WMS Cafeteria Fee: \$65.00

Dates: 10/5 – 12/7 (8 wks)-no class 11/23, 11/30

Instructor: Galina Andracchio

The Great Outdoors

Come explore the fields & woods of Williams Park! Activities will include hiking, building shelters, tracking animals, learning to identify and understand trees, insects, birds & flowers and whatever other fun adventures come our way. Participants should wear bug spray and sunscreen, sturdy sneakers, long pants & sleeves and layers if it is cold outside. Please bring a snack and water. Open to students age 7 – 12. Sign up for any or all dates!

Day: Saturday Time: 1:00 – 4:00 p.m.

Dates: 10/1, 10/15, 10/29 or 11/12

Place: William's Park (Entrance across from Library)

Instructors: Jen Tomaino & Pam Zavarelli

Fee: \$25.00 per day

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday

Time: Grades 2 - 4 6:00 – 7:00 p.m. Fee: \$60.00

Grades 5 – 8 7:15 – 8:30 p.m. Fee: \$70.00

Dates: 11/7, 11/9, 11/14, 11/16, 11/21, 11/28, 11/30, 12/5, 12/14, 12/19 (10 classes)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



Registration for our Youth Basketball Leagues is now open. Details are available on page 16 of this program guide.

Huckleberry After School, continued

Learn to Ice Skate Grades 1-4



Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight-week duration of the program, as well as skate rentals if needed. We are currently offering Skate levels

1 and 2 concurrently with different instructors. Skate 1:

Entry level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons, and are able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles, snowplow stops.

Place: Danbury Ice Arena, 1 Independence Way

Day: Saturday Time: 12:50 – 1:20 p.m.

Dates: 11/5 – 12/17 (7 wks) Fee: \$119.00

Whisconier After School



American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great

babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certificates will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil. Classes are held at Town Hall.

Session 1: Thursday, September 29, 9:00 a.m. – 3:00 p.m.

Session 1: Tuesday, November 8, 9:00 a.m. – 3:00 p.m.

Instructor: Peggy Boyle Fee: \$65.00/session

Cooking 101

This class will teach students in grades 5 through 8 how to cook everything from nutritious snacks to delicious meals and desserts. Cooking techniques, ingredient selection and substitutions, kitchen safety and balanced meal creation will all be covered in this hands-on class. Students will have the opportunity to taste their creations and take home the recipes. All materials are covered in the fee.

Day: Friday Time: 2:40 – 4:10 p.m.

Session 1: 10/7, 10/14, 10/28, 11/4 (4 wks)

Session 2: 11/18, 12/9, 12/16, 1/6 (4 wks)

Fee: \$68.00

Instructor: Jen Tomaino

Place: WMS Home Ec. Room



Think Snow! We are planning our 13th Annual "Learn to/ Love to ski/snowboard program" for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide

transportation after school to and from WMS, and is scheduled to run for 5 weeks, January 6 – February 3, 2012. A detailed flyer will be sent out through WMS in early November and posted on our website.



Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion

of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 - 4:10 p.m.

Dates: 10/3 - 11/28 (8 wks)-no class 10/10

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$85.00

The Great Outdoors

Come explore the fields & woods of Williams Park! Activities will include hiking, building shelters, tracking animals, learning to identify and understand trees, insects, birds & flowers and whatever other fun adventures come our way.

Participants should wear bug spray and sunscreen, sturdy sneakers, long pants & sleeves and layers if it is cold outside. Please bring a snack and water. Open to students age 7 - 12. Sign up for any or all dates!

Day: Saturday Time: 1:00 - 4:00 p.m.

Dates: 10/1, 10/15, 10/29 or 11/12

Place: William's Park (Entrance across from Library)

Instructors: Jen Tomaino & Pam Zavarelli

Fee: \$25.00 per day



New ~ Write Like a Reporter:

Journalism for WMS Students

How does a newspaper reporter write an article? What questions do they ask when interviewing someone for a story? Students in

grades 5 - 8 will get a first hand, "behind the scenes" view from Sandra Fox, a reporter for the News-Times. By the end of the class students will have a completed story suitable for publishing that they can share with family and friends.

Day: Tuesday Time: 2:40 - 4:10 p.m.

Dates: 10/4 - 10/18 (3 wks) Fee: \$45.00

Place: WMS Classroom

Instructor: Sandra Fox

Junior Strength Training for ages 12 - 14

This class is designed with the athlete in mind. We provide coaching and guidance to increase strength, stamina, coordination, speed, and power that will enhance the student's ability to compete in a sporting event. Students will also learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. A great intro to learn how to work out in a gym.

Portions of the class may be outdoors, weather permitting. Boys and girls 12 - 14 years old are eligible to participate, and the class is limited to six per session. For additional information, please contact Rob (the instructor) at 775-8548.

Day: Wednesday Time: 3:45 - 4:45 p.m.

Session 1: 10/5 - 11/2 (4 wks) Fee: \$59.00/session

Session 2: 11/9 - 12/7 (4 wks)

Place: No Limit Health & Fitness, 1120 Federal Road

New ~ Children and Teen Health and Wellness

This unique offer from EMSA Hyperbaric & Wellness Center includes a choice of three of the following: ninety minutes of Hyperbaric Oxygen Therapy; one hour of Massage Therapy; one hour of Reiki; and an evaluation at Sophia Natural Health Center where they will be performing a unique evaluation utilizing classic Chinese pulse and tongue analysis for overall body and meridian function. They will then provide Chinese dietary suggestions specific to your profile and consult you on ways to balance health naturally. Each private session is scheduled for your individual convenience at EMSA Hyperbaric & Wellness Center & Sophia Natural Health Center, both at 499 Federal Road. Any pre-existing health conditions will be addressed at the initial consultation. Deadline to register through Parks & Recreation is November 15th, 2011. The actual value of the sessions is over \$300.00, this introduction for age 19 and younger is \$60.00. A similar program is also available for adults.



Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 - 8. The program, open to those with little or no previous wrestling

experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt.

Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday

Time: Grades 2 - 4 6:00 - 7:00 p.m. Fee: \$60.00

Grades 5 - 8 7:15 - 8:30 p.m. Fee: \$70.00

Dates: 11/7, 11/9, 11/14, 11/16, 11/21, 11/28, 11/30, 12/5, 12/14, 12/19 (10 classes)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine

Successful Study Skills

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday Time: 10:00 a.m. - 12:30 p.m.

Date: 10/22 Fee: \$35.00

Place: Tutoring Club, 270 Federal Road

Instructor: Nancy Sutherland, Director - Study Skills



Registration for our Youth Basketball Leagues is now open. Details are available on page 16 of this program guide.



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons
Class 2: Review/Set-up and Swing with Woods
Class 3: Pitch Shots and Bunker Play
Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Tuesdays – 10/4, 10/11, 10/18, 10/25

November: Wednesdays – 11/9, 11/16, 11/23, 11/30

December: Thursdays – 12/8, 12/15, 12/22, 12/29

New~ Student Coaching: Join the “A Team”



Do you ever wish that you did better at school and homework management? Are you willing to do what it takes to WIN at studying and school? The purpose of this 3 session series is to cultivate ease,

certainty and produce results that reflect your personal best. Ultimately, the School Experience will be positively altered for you with the “A Team”. Among other things, you will; improve study skills, time management, attention management and interpersonal communications and develop new strategies as you identify your goals and values. Class size is limited to six students per session and also features follow up email communication between sessions. Bring a homework planner and a pencil the first day. Hilary Ben-Ami, MS in Education, is a certified Personal Life Coach and a Highly Qualified, Connecticut Certified Educator. She has a private practice working with students who want to be more organized, feel more in control and get better grades. She assists the overwhelmed; and she supports all students in developing autonomy, creativity and confidence as they succeed at school and at home. Call her at 203 740-2220 with any specific questions.

Day: Monday

Session 1: 10/3, 10/17, 10/24 (3 wks)

Session 2: 11/7, 11/14, 11/28 (3 wks)

Session 3: 12/5, 12/12, 12/19 (3 wks)

Time: Grades 5 and 6 meet 4:00- 5:00 p.m.

Grades 7 and 8 meet 5:30- 6:30 p.m.

High School Students meet 7:00-8:00 p.m.

Place: Town Hall Meeting Room Fee: \$89.00/session

College Planning 101: Introduction to Admissions

You are beginning the college planning process. But where to start? PSAT first? Which test should follow--SAT or ACT or both? And when? What is the best way to prepare? How do you choose schools? When do you visit? When and how do you apply? This seminar gives you a road map to the process based on the experiences of seasoned admissions councilors. It is geared toward the families of Juniors entering the process and Sophomores who want a head start. Parents and their student should both attend the session, pick one that best fits your schedule.

Session 1: Tuesday, October 11

Session 2: Monday, November 7

Time: 7:00 – 9:00 p.m. Fee: \$25.00 per family/session

Place: Tutoring Club, 270 Federal Road

Instructors: Andrew Hill, Director – College Prep and Bill Gross, Director & Admissions Councilor



College Admissions for Seniors: How to get in

The finish line is in sight—you have gathered info on colleges, talked to school counselors and taken the SAT or ACT. Now what? What do you do to get that “fat envelope”? This seminar is designed to answer your remaining questions—Take the SAT or ACT again? A Subject test? When is the best time to apply? How do you complete the application and craft an effective college essay? This evening is geared to the families of Seniors involved in the process and interested Juniors considering early decision. Parents and their student should both attend.

Day: Tuesday Time: 7:00 – 8:30p.m.

Date: 10/4 Fee: \$25.00 per family

Place: Tutoring Club, 270 Federal Road

Instructors: Andrew Hill- Director of College Prep and Bill Gross, Director & Admissions Councilor

Smart Money Management For Teens

A basic course to teach teenagers how to save wisely and give them an understanding of personal finances, stocks, bonds and financial planning. A great start for a healthy financial future!

Day: Wednesday Time: 5:30 – 6:30 p.m.

Date: 10/19 Fee: \$10.00

Place: Edward Jones, 304 Federal Road Suite 204

Instructor: Helen Curtin, MBA, Financial Advisor



Think Snow! We are planning our 13th Annual “Learn to/ Love to ski/snowboard program” for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after

school to and from BHS, and is tentatively scheduled to run for 5 weeks, January 6 – February 3, 2012. A detailed flyer will be sent out through BHS in early November and posted on our website.

Youth Basketball Leagues

All basketball programs are canceled on 12/24/11, 12/31/11 and 2/18/12.
Any additional cancellations will be added on to the end of the program.



Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt.

Our referees serve as coaches, no parent coaches are needed.

Day: Saturday

Dates: 1/7 – 2/25 (7 wks)

Place: Huckleberry Hill School– Upper Gym

Time: 11:00 a.m.- 12:00 p.m.

Supervisor: Fern Smenyak

Fee: \$55.00



Biddy Basketball – Boys or Girls Grades 2/3 and 4/5

This educational league is divided into divisions for boys or girls by grade level. Following an evaluation clinic the first day, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be open gyms and practices scheduled on weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Day: Saturday

Dates: 12/3 – 2/25 (10 weeks)

Place: Huckleberry Hill School Upper Gym

Supervisor: Fern Smenyak

Fee: \$88.00

Boys Grades 2 – 3 (Biddy A)

Time: 9:30 - 11:00 a.m. on 12/3. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/10.

Boys Grades 4 – 5 (Biddy B)

Time: 3:00 – 4:30 p.m. on 12/3. Will play for 1½ hours between 3:00 –6:00 p.m. starting 12/10.

Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m.

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m.



Girls' Basketball - Grades 6 - 9

An evaluation clinic for girls in grades 6 - 9 will be held on December 3, and will be followed by 9 weeks of league play. Teams will play in one game each Saturday. Again this year, we will be using adult “patched” referees. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. Times may vary depending on the number of players and teams.

Day: Saturday

Dates: 12/3– 2/25 (10 weeks)

Place: Brookfield High School

Time: 8:00 – 9:30 a.m.

Supervisors: Steve Kolitz and Jason Maxwell

Fee: \$88.00



Boys' Basketball – Grades 6-7 and 8-9

An evaluation clinic will be held on December 3 and will be followed by 9 weeks of league play. Teams will play in one game each Saturday. Again this year, we will be using adult “patched” referees. **On 12/3, all 6 & 7 graders are to report at 10:00 until 11:30 a.m. On 12/3, all 8 - 9 graders are to report at 12:00 – 1:30 p.m.** Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. Times and formats of the leagues may vary depending on the number of players and teams. The times that evaluations are being held will give you a general idea of the times for the rest of the season. A full schedule will be given to all players for the season after the first few weeks.

Day: Saturday

Dates: 12/3 – 2/25 (10 weeks)

Place: Brookfield High School

Time: 9:30 a.m. - 2:30 p.m.

Supervisors: Steve Kolitz and Jason Maxwell

Fee: \$88.00



New ~ Boys' Basketball – Grades 10-12

An evaluation clinic will be held on 12/3 for all 10-12 graders between 1:30 – 3:00 p.m. and will be followed by 9 weeks of play. We will determine the final format depending on the number of people who register.

Options may include organized teams (5 on 5 or 3 on 3) or supervised open gym times with pick up games. Regardless of the format, games will be overseen by adult “patched” referees, and everyone will play in one game each Saturday. Regular Saturday schedule will take place for about an hour each week between the hours of 1:30 – 4:00 p.m. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Day: Saturday

Dates: 12/3 – 2/25 (10 weeks)

Place: Brookfield High School

Time: 1:30 – 4:00 p.m.

Supervisors: Steve Kolitz and Jason Maxwell

Fee: \$88.00

Brookfield Newcomers and Neighbors

If you would like to make new friends and have fun, join Brookfield Newcomers and Neighbors! We are a social club whose membership includes long-time residents and newcomers to town. We have a variety of activities: TGIF, Socials Dinners, Book Club, Ladies' Night Out, Lunch Bunch, Bunco, and Wine Tasters. If interested, please call Gerry Jove @ 203-740-7178 or gaffneyjove@aol.com or Kathy Powers @ 203-300-5340 or k.mueller@comcast.net.

Join the Friends of the Brookfield Library at the Annual Book Sale

Thursday, Sept 29 9 - 5 \$15.00 admission
 Fri. & Sat., 9/30-10/1 9 - 5 free admission
 Sunday, October 2 12 - 5 free admission
 **Monday, October 3 11 - 3 free admission

and bag day - bags provided - full bag \$5.00**

Thousands of books for children, teens and adults!



The Brookfield Arts Commission will
 • sponsor the 4th Annual
 Gingerbread House Contest.

Judging to take place December 2, 2011 at Town Hall. Call 203-775-2895 to register

- invites the community to Artists Receptions to open each new exhibit at Town hall - watch for dates
- present the 4th Annual Brookfield Film Festival - Shorts and to the Point - the last weekend of March - exact dates to be announced

The Brookfield Arts Commission invites the community to participate in the Fourth Annual Gingerbread House Contest. Every family, club and business in Brookfield is invited to enter the contest. Building materials should be food items or food related – nothing has to be edible. Constructions will be judged on creativity, originality, imaginative use of materials, style, theme and humor. Questions? Contact Ann Amorossi at Ann.Amorossi@gmail.com or 203.775.2895 or Mary Daniel 203.740.9290. For more information visit our website: www.brookfieldartscommission.org.

FISH of Brookfield, Commission on Aging



Adult ambulatory disabled and/or senior residents of Brookfield who need transportation to medically related appointments can contact **FISH**. Appointment destinations are limited to Brookfield, Bethel, Newtown, Danbury and New Milford. Our phone number (203-616-9678) is answered

24/7 by our automated voice mail system. To request a ride, clients are asked to provide no less than 2 days and no more than 7 days' notice. Service available Wednesday and Thursday only.

The Garden Club of Brookfield

Innisfree Garden & Millbrook Winery Tour, Wreath Making for Brookfield Town Buildings, and our Holiday Party! That is what we are doing in the upcoming season. Sound good? Enjoy gardening? Call Deirdra at 203-775-4069 for more information. Also, check us out at www.thegardenclubofbrookfieldct.org.

Holiday Tree Lighting



Ring in the Holiday Season with the Brookfield Girl Scouts at their Annual Holiday Tree Lighting on Saturday, December 3 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and Santa.



Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	775-8167
Brookfield Baseball & Softball	Field Hotline	775-5238
Brookfield Education Foundation (BEF)	Colette Sturm www.brookfieldeducationfoundation.org	740-0826
Brookfield for Youth Football & Cheer	Kyle Sanborn Field Hotline	775-0171 775-5241
Brookfield Lacrosse	Kevin Madden Field Hotline	775-4434 775-5240
Brookfield Soccer	Field Hotline	775-5239
Candlewood Lake Authority	Larry Marciano	860-354-6928
CT DEP Boating Div.		860-434-8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Jan Stanco	775-0357
Girl Scouts	Julie Blick blickjulie@charter.net	740-9015
Lion's Club	Tom Sullivan	740-7708
MOMS Club® of Brookfield West	Margaret Petta momsclubofbrookfieldwest@yahoo.com	775-5854
Brookfield Newcomers and Neighbors	www.brookfieldnewcomers.com	
P.O. Box 263		
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville Beth Hoolehan	775-5308
Women's Club of Brookfield	Cathy Nielsen Karen Symington	775-4452 775-3115
Youth Employment	Donna	775-7310

As I put pen to paper this season (*as I do each season*) to let our residents know what's currently happening with respect to their Parks & Recreation Department... I'm just a bit torn.

We are now just days away from the demolition of the original Kid's Kingdom Play area. This impressive community project began over 25 years ago. I have been fortunate to have created relationships with dozens of folks who were intimately involved with the construction of this project including volunteers, team leaders, project leaders, and those who lead the effort from day one. Those that put aside their lives for two and a half years to fight for the right to build this playground, to negotiate late into the night with various Town Boards and Commissions regarding location, the need, the timing, the method, the volunteers, the designers, the public input, the restrooms, the parking, the access and the list goes on and on.

It's no secret that 25 years ago when the planning started for this structure, folks closest to this project sacrificed a tremendous amount of time and energy. It was a time when people came together with a common goal and in the process made lifelong friends while creating THE social outlet for families and their children. Fast forward 25 years and you can still feel the energy it took to get this done. Although the structure has aged and it is showing signs of its years, it has served us very well.

In the end, this original Playground Committee not only built a dynamite playground that served and inspired us for over 20 years, they actually paved the way for Kid's Kingdom 2 which will be built on the original site this Fall and early Spring 2012. Their original effort identified the Municipal Center grounds as a social venue which ultimately led to the construction of three more athletic fields and a bandstand that is used for many community events throughout the year. What a timeless gift that keeps on giving. On behalf of the Town of Brookfield I say thank you. We will continue to honor your efforts for many years to come.

"The Benefits are Endless"

Dennis DiPinto
Director Parks & Recreation

<http://www.brookfieldct.gov/pnr/index.htm>



Brookfield Senior Center

"...a place where things are happening!"

*The Brookfield Senior Center seeks to improve the quality of life for Brookfield citizens age 60 and older through social, educational, physical, creative and intergenerational programs. The Senior Center is open for membership for all residents age 60 and older. There is no fee for membership to the Center. **Come and Join In On The Fun!***

Come and Exercise: Zumba Gold (Monday at 9:30a.m. and Saturday at 10:00a.m.); Yoga (Monday and Wednesday at 2:50p.m.); Chair Yoga (Wednesday at 1:30p.m.); Low Impact Aerobics (Tuesday and Thursday at 9:30a.m.); Tai Chi (Wednesday at 9:30a.m.); and Strength Training/Osteoporosis Prevention (Monday at 12:00noon and Friday at 10:15a.m.).

Learn New Skills: Ceramics, art-sketch and paint classes, knit, crafts, crochet, lessons for piano, learn the computer, play bridge, Book Discussion Group, Garden Club and many more!

Come for lunch: Full meals served at noon for only \$2.25 every Monday-Thursday. Reserve 24 hours in advance by calling 775-5309 or signing up at the center.

Travel With us: Take a trip to local events, restaurants, theater, and casinos.

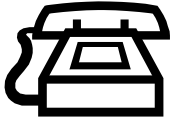
Take Charge of your Health: blood pressure and blood sugar screening, flu shots, nutrition talks, and a wide variety of professional speakers.

Improve your social life: Meet friendly new people. HAVE FUN! You'll never sit home alone again.

Sweethart Bus transportation is available for those who do not drive. Call the Center for information concerning the Sweethart bus.

Call Brookfield Senior Center (203-775-5308) to find out more information about our programs or drop by to visit us anytime!

Registration Information



By phone when paying by VISA, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Registration by phone for all fall programs begins Tuesday, September 20.



By mail, complete the registration form below, and mail to the Parks & Recreation Dept. along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt. You may mail in your registration for fall programs at any time.



In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. Our office has moved, we are now on the second floor across from the First Selectman's Office. You may register in person for fall programs anytime during office hours.

REGISTRATIONS

- 1) Will be accepted in person, by mail, or over the phone on a first come, first served basis. Full payment must accompany registration.
- 2) If you would like a receipt from a mail-in registration, enclose a self-addressed, stamped envelope.
- 3) A \$25.00 charge will be assessed on any returned checks.
- 4) **Non-Brookfield residents will be accommodated beginning 2 weeks prior to the start of a program with payment of a \$5.00 surcharge.**

REFUND POLICY

- 1) Registrations may be canceled up to one week prior to a program's starting date.
- 2) No refunds will be given once a program has begun, unless a substitute can be found by this department, or unless there is a medical emergency.
- 3) Absolutely no refunds will be given for any used portion of a program.
- 4) All refunds are subject to a 10% administrative surcharge.

PROGRAM CANCELLATION POLICY

Parks & Recreation reserves the right to cancel any program due to lack of participation. Approximately one week prior to the start date for each program, a definite decision will be made to cancel or run the program.

CLASS INFORMATION

The Brookfield Parks & Recreation Department follows the school schedule for many of our classes. Please check with the Office if you are unsure whether or not a class will meet.

In the event of inclement weather cancellations or early release from school, evening classes will also be canceled.

✂Cut and mail with payment to:

Brookfield Parks & Recreation P.O. Box 5106 Brookfield, CT 06804

Make check payable to: Town of Brookfield

BROOKFIELD PARKS & RECREATION REGISTRATION FORM

Responsible Person: _____

Home Phone: _____

Address: _____

Work Phone: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Program Title	Session	Registrant's Name	D.O.B.	Grade-Fall 11	Fee
			/ /		
			/ /		
			/ /		
			/ /		
			/ /		

Total: _____

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do covenant for myself, my child, our heirs and assignees at all times to keep the said Parks and Recreation Commission and the Town of Brookfield free, harmless and indemnified from any and all liability for any injury myself/my child might sustain as a result of said participation.

Responsible Person Signature: _____ Date: _____

Payment Information: Cash: \$_____ Check: \$_____ Check #:_____ Initials:_____

Credit Card (circle one)	Amount	Card Number	Exp. Date	Auth. Number	Initials
M/C Visa Amex	\$		/		



PRST STD
U.S. Postage
PAID
Permit #69
Brookfield, CT

P.O. Box 5106 Brookfield, CT 06804
(203)775-7310

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Donna Korb, Administrative Assistant

POSTAL PATRON

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty
Craig Renda



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

COMMISSION:

Sara Kincade, Chair
Ed Butt, Co-Vice Chair
Joei Grudzinski, Co-Vice Chair
Mark Kettunen Rob Blick
Dave Keefe Bryan Chnowski
Elaine Rajcula, Commission Secretary

The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

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Registration for fall programs begins Tuesday, September 20